

## Cell Phone Agreement

As I know that cell phones can be good things which are often misused, tempting us to act, talk, or think in ways that are not God-honoring, I agree to commit to the following:

1. I will strive to avoid gossip, bad-mouthing, and discouraging or unwholesome talk. (*Ephesians 4:29*)
2. I will guard my eyes and heart against images that dishonor God, knowing that pornography is real, readily available, and that I will be targeted by that industry in the hopes that I will become a regular customer. I am fully aware that nothing on the internet is truly private. I will not look at things that I wouldn't want my mother, father, or Sunday school teacher seeing. (*Philippians 4:8*)
3. I will never send or post a photo or video of someone without their permission. This includes siblings. (*Luke 6:31*)
4. I will not be so preoccupied with my phone that I ignore situations or people around me. I will remember that God has called me to love those around me, and that's hard to do when I'm staring at a screen. (*Ephesians 5:1-2*)
5. Whenever possible, I will put my phone to good use as a tool of gospel outreach, encouragement, and care for others. (*Matthew 5:16*)
6. I will not send compromising photos of myself to anyone. If someone sends compromising photos to me, I will take my phone directly to my parents without reply. (*1 Corinthians 6:19-20*)
7. I will continue to study and learn God's word so that I have discernment on the internet, recognizing which ideas are biblical and what aren't. I acknowledge that most of the world's advice is directly opposed to what the Bible teaches, and I will be vigilant in clinging to the truth of the Bible above all else. (*2 Timothy 3:16-17*)
8. I understand that nothing on my phone is secret or private. My parents have apps that report my activity, and they will also regularly look through all of my content. This is one way that my parents help keep me safe and hold me accountable as a fellow Christian and beloved child. (*Hebrews 13:17, Hebrews 10:23-24*)

I understand that this agreement before the Lord is between my parents and me. I know that in any arena of life, temptation can only be overcome with the help of the Holy Spirit. So, I will rely on Christ, and I will remember that with the Holy Spirit's help, NO temptation is too strong to resist. (*1 Corinthians 10:13, 2 Timothy 1:7*) And when I do sin, I will remember that my sin is no match for the wonderful grace of my loving, compassionate God. (*Hebrews 4:15-16*)

I know that my parents are a safe haven for me and that they understand the temptations that come with cell phones. I will not be afraid to talk with them about anything, and especially not something that is worrying me, upsetting me, convicting me, or scaring me.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_